Becoming one with your healthier side

Parks, Forestry and Recreation strives to assist residents in their quest for health and wellness. We offer a wide selection of programs to accommodate all ages and levels. Appropriate athletic wear and proper footwear are recommended. All programs are co-ed unless otherwise indicated. Participants are advised to consult a doctor before enrolling in any fitness program.

Programs vary by district, location and session.

Integration Services may be requested if an individual requires assistance to participate in recreation programs. Refer to the Adapted and Inclusive Recreation section or visit toronto.ca/accessibility.

If you can’t go, let us know!
If you are unable to attend the program you registered for, contact your local community centre or call 416-396-7378 so the spot can be offered to someone else.

Program Descriptions
Refer to the fitness program listings to see what is offered at a location close to you or visit toronto.ca/fitness.

Aquafit Courses
For program listings and descriptions see the Swim section.

Cardio
Suitable for all levels, focusing on providing a minimum of 20 minutes of cardiovascular exercises that use large muscle groups in a continuous and rhythmic manner. Most classes also include a muscle conditioning component. Regular participation can help improve your cardiovascular system (heart/lungs), flexibility, balance and co-ordination. Small equipment may be used.

Boot Camp
Improve your cardiovascular fitness, muscular strength, and endurance levels through group, partnered and solo exercises using circuit and interval training.

Cardio and Sculpt
A class combining Cardio High/Low and Body Sculpt movements and exercises.

Cardio High/Low
A cardiovascular focused fitness class with options for different levels of impact. Intensity levels can vary from low to high levels.

Cardio Kick Boxing
Build speed, control and power using punching and kicking techniques while getting a cardiovascular workout.

Cardio Low Impact
A cardiovascular focused fitness class with low impact choreography.

Cardio Mix
A fitness class incorporating a variety of cardio choices, i.e. step, high/low, kick boxing which will vary from week to week.

Gentle Fit
A slow-paced class for all ages and fitness levels; appropriate for people with low bone density or osteoporosis. Some classes have floor work or use chairs for the conditioning portion.

Cycling Map
Cycle our City within the Park
Explore Toronto area parks and trails with your “City of Toronto Cycling Map”. These maps will help you navigate through the many cycling-accessible parks and trails that make our city special.

Available free of charge at community centres or to download a PDF copy, visit:
toronto.ca/cycling
Focus on strengthening the muscles of the legs, gluteus and core.

Body Sculpt: Lower Body

Focus on strengthening the muscles of the abdomen, lower back, and pelvic area.

Body Sculpt: Core

Emphasizes full body conditioning with a focus on muscle strength and endurance.

Body Sculpt: Lower Body

Focus on strengthening the muscles of the legs, gluteus and core.

Body Sculpt: Lower Body

Focus on strengthening the muscles of the abdomen, lower back, and pelvic area.

Body Sculpt: Core

Emphasizes full body conditioning with a focus on muscle strength and endurance.

Body Sculpt: Lower Body

Focus on strengthening the muscles of the legs, gluteus and core.

Learn to Weight Train

Discover proper weight training techniques required to use both free weights and strength equipment in the weight room.

Smart Start

A small group class for those recovering from or living with illness or injury, includes seated, standing and moving exercises to help train balance and improve muscle conditioning. This class is the next step for those who have completed the T.I.M.E. program.

Stretch

Provides stretching exercises that promote flexibility for the whole body.

Stretch and Strength

Focuses on improving posture and flexibility by strengthening and stretching muscles.

T.I.M.E.

Together In Movement and Exercise - a modified exercise program suitable for adults with mobility challenges, who can walk at least 10 metres and may use a cane or walker. Exercises are designed to increase strength, balance, mobility and overall health. Participants screening is required prior to registration.

Pilates

Build longer, leaner muscles while safely exploring optimal strength, flexibility and endurance. Exercises focus on strengthening core postural, abdominal and back muscles. Participants are required to bring their own mat.

Yoga

Improve flexibility, strength and muscle tone by following a series of postural exercises and breathing techniques. Participants are required to bring their own mat.

Yoga: Hatha

Includes specific breathing and relaxation techniques, while strengthening and toning muscles.

Yoga: Kundalini

Includes the use of dynamic breathing techniques, chanting, mantras and meditation, along with traditional yoga poses.

Yoga: Power

Move quickly through a series of athletic poses which builds strength, stamina and flexibility.

Meditation

Breathing and meditation techniques are used to achieve body and mind relaxation.

Yoga: Chair

This is a Hatha yoga class adapted to use a chair throughout the class or for support while standing.

Yoga/Pilates Fusion

Learn the fundamentals of proper breathing and correct body alignment in a relaxing atmosphere. This class encourages strong abdominals, a supple spine and overall flexibility.

Post Natal Fitness

This baby friendly program allows new parents to participate in an exercise class with their babies in the room. Each class involves cardiovascular, muscular strength and endurance components with a focus on post natal specific core work and flexibility. It is intended for babies up to 12 months or not yet walking.

Caregiver and Baby Courses

Fitness: Caregiver and Baby

This fitness class is designed specifically for new parents/caregivers to attend with their baby up to 12 months or not yet walking.

Stroller Fit

Includes muscular strength/conditioning and cardiovascular training. Programs take place outdoors. Participants are required to bring their own stroller.

Yoga: Caregiver and Baby

This yoga class is designed specifically for new parents/caregivers to attend with their baby up to 12 months or not yet walking.
Family Fitness
Classes are designed to encourage families to participate in regular physical activity together in a welcoming and comfortable environment. Each individual must register for this class, fees vary based on age.

Fitness: Family
This fitness class is designed for parents to participate together with their child(ren). The format may vary from week to week.

Yoga: Caregiver and Child
This yoga class is designed for parents/caregiver to participate together with their child.

Yoga: Family
This yoga class is designed for parents to participate together with their child(ren).

Older Adult Fitness
For program listings, refer to the Older Adult section.

Tai Chi
Emphasis is on general health and fitness through the development of slow and controlled movements in a fixed sequence. Enjoy the benefits of improved flexibility, balance, strength, coordination and mental concentration.

Qigong
Involves slow contracted movements that integrate physical postures, breathing techniques and focused intention and meditation.

Tai Chi: Wu Style
A style of martial arts involving fluid movement sequences.

Participation Options for Registered Fitness Programs
Whether you want to participate in a specific fitness class on the same day and time or want to pay as you go, we have a range of participation options that vary by location.

Programs not meeting minimum registration may be cancelled. Register early to avoid disappointment

Conditions of use for Key Tags, Passports, Punch Cards and Pay-As-You-Go Fees

• Space is not guaranteed as registered participants have priority access.
• You will only be admitted to the class after registered participants have been accommodated.
• Check with staff to determine which locations offer these options.
• Programs at fitness centres are not included.
• Program schedule subject to change based on registration and attendance.
• Cannot be used for Yoga, Tai Chi, Pilates and other specialty classes.
• Key tags or cards must be presented at each visit. Identification required.
• Key tags or cards are non-refundable and non-transferable.
• There are no refunds for memberships, passports or punch cards.
• $11 replacement fee for lost or stolen key tag, passport or membership cards.

Options

Registered
Guarantees you a spot in a specific class at a specific time at the same facility throughout the whole session. A good option for those who found their perfect class and want to dedicate their time to attend all classes.

Passports
Offers flexibility to attend a fitness class when you want, or attend a variety of classes at different facilities as many times as you want, within the defined time frame you have purchased. You may join scheduled classes, as space permits. Use of the weight room is not included.

Punch Cards
Offers the flexibility of purchasing 10 classes at one time, for a discounted price. A good option to try different activities and classes without a regular commitment.

Pay-As-You-Go One-Time Fee
A one-time fee for each individual class, allowing you to try out new activities without any commitment. It’s a great way to step outside your comfort zone and experiment with different activities or add extra workouts to your routine. Pay the fee at the door of designated locations, as space permits. May not be available at all locations.

When You Volunteer We All Grow
Looking to give back to your community? From tree plantings, special events to camps or aquatics volunteers play an important role. Share your experience and meet your community.

You must be 14 years of age and older to volunteer for Parks, Forestry and Recreation.

For more information on volunteering visit: toronto.ca/volunteer

Volunteers

Call 311
Keep active. Be healthy.
Enjoy fitness in your community!

Everyone needs to make time for their own health, join a City of Toronto fitness centre today.

Our mix of weight training and cardio exercise will help you reach your fitness goals.

The city offers three types of Fitness Centres: Type A, B or C. Membership fees vary based on the amenities offered. If a Fitness Centre isn’t for you, check out the fitness program charts for a vast array of both registered and drop-in fitness programs.

Drop by your local facility or fitness centre and talk to our knowledgeable fitness staff or visit toronto.ca/fitness for a full listing of Fitness Centre locations.

Non-Prime Time Hours of operation are available at a reduced membership fee and are available Monday to Friday, opening to 5pm. Refer to the fitness centres membership fees and hours of operation for details as they vary by facility.

Membership Fees:

Type A Fitness Centres

<table>
<thead>
<tr>
<th></th>
<th>1 year</th>
<th>6 months</th>
<th>3 months</th>
<th>1 month</th>
<th>1 day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult (19-59 yrs)</td>
<td>$677.50</td>
<td>$361.75</td>
<td>$198.25</td>
<td>$118.25</td>
<td>$15.25</td>
</tr>
<tr>
<td>Youth (16-18 yrs)</td>
<td>$421.75</td>
<td>$227.50</td>
<td>$123.75</td>
<td>$52.75</td>
<td>$12.75</td>
</tr>
<tr>
<td>Older Adult (60 yrs+)</td>
<td>$338.75</td>
<td>$180.75</td>
<td>$99.375</td>
<td>$59.375</td>
<td>$7.75</td>
</tr>
<tr>
<td>Adult Non-Prime Time</td>
<td>$421.75</td>
<td>$227.50</td>
<td>$123.75</td>
<td>$52.75</td>
<td>$12.75</td>
</tr>
</tbody>
</table>

This provides participants with access to lane swims, fitness classes and weight rooms at all Type A, B & C locations.

Type B Fitness Centres

<table>
<thead>
<tr>
<th></th>
<th>1 year</th>
<th>6 months</th>
<th>3 months</th>
<th>1 month</th>
<th>1 day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult (19-59 yrs)</td>
<td>$518.00</td>
<td>$280.50</td>
<td>$151.50</td>
<td>$63.50</td>
<td>$14.50</td>
</tr>
<tr>
<td>Youth (16-18 yrs)</td>
<td>$359.00</td>
<td>$191.00</td>
<td>$99.00</td>
<td>$59.00</td>
<td>$7.50</td>
</tr>
<tr>
<td>Older Adult (60 yrs+)</td>
<td>$256.50</td>
<td>$136.50</td>
<td>$76.50</td>
<td>$45.00</td>
<td>$12.50</td>
</tr>
<tr>
<td>Adult Non-Prime Time</td>
<td>$359.00</td>
<td>$191.00</td>
<td>$99.00</td>
<td>$59.00</td>
<td>$7.50</td>
</tr>
</tbody>
</table>

This provides participants with access to lane swims, fitness classes and weight rooms at all Type B & C locations only.

Type C Fitness Centres

<table>
<thead>
<tr>
<th></th>
<th>1 year</th>
<th>6 months</th>
<th>3 months</th>
<th>1 month</th>
<th>1 day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult (19-59 yrs)</td>
<td>$256.50</td>
<td>$136.50</td>
<td>$76.50</td>
<td>$45.00</td>
<td>$12.50</td>
</tr>
<tr>
<td>Youth (16-18 yrs)</td>
<td>$183.00</td>
<td>$98.00</td>
<td>$55.00</td>
<td>$31.00</td>
<td>$8.00</td>
</tr>
<tr>
<td>Older Adult (60 yrs+)</td>
<td>$128.25</td>
<td>$68.25</td>
<td>$38.25</td>
<td>$22.25</td>
<td>$6.25</td>
</tr>
<tr>
<td>Adult Non-Prime Time</td>
<td>$183.00</td>
<td>$98.00</td>
<td>$55.00</td>
<td>$31.00</td>
<td>$8.00</td>
</tr>
</tbody>
</table>

This provides participants with access to lane swims, fitness classes and weight rooms at all Type C locations only. Access to all programs is on a first-come, first-served basis.

Weight Rooms

Participants who have a valid Weight Room Membership, can access any of the 17 City of Toronto weight room locations.

<table>
<thead>
<tr>
<th></th>
<th>1 year</th>
<th>6 months</th>
<th>3 months</th>
<th>10 visits</th>
<th>10 days</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult (19-59 yrs)</td>
<td>$162.50</td>
<td>$88.00</td>
<td>$48.00</td>
<td>$74.00</td>
<td>$7.00</td>
</tr>
<tr>
<td>Youth (16-18 yrs)</td>
<td>$100.00</td>
<td>$54.00</td>
<td>$30.00</td>
<td>$43.00</td>
<td>$4.00</td>
</tr>
<tr>
<td>Older Adult (60 yrs+)</td>
<td>$81.25</td>
<td>$44.00</td>
<td>$24.00</td>
<td>$37.00</td>
<td>$3.75</td>
</tr>
</tbody>
</table>

Note: Fitness classes are not included as part of the Weight Room Membership.

Fitness Centre Memberships Include:

- Access to all fitness classes (excluding specialty classes i.e. yoga, pilates, tai chi, and qigong)
- Access to cardio and weight room equipment
- Access to lane swims
- Personal Training available for additional fee at some locations

Type B Fitness Centre

Toronto/East York District:

- East York CRC, 1081½ Pape Ave, 416-396-2880
- Prime Time: M-F: 7am-9:30pm; Sa/Su: 9am-5pm
- Non-Prime Time: M-F: 7am-5pm

West Toronto/York District:

- Prime Time: M-F: 7am-9:30pm, Sa/Su: 9am-5pm
- Non-Prime Time: M-F: 7am-5pm

York RC*, 115 Black Creek Dr, 416-392-9675
- M-F: 7am-9:30pm, Sa/Su: 7am-7:30pm

*Centre where programs are free – no fee required.

Type C Fitness Centre

Toronto/East York District:

- Beaches RC, 6 Williamsson Rd, 416-392-0740
- Prime Time: M-F: 9am-9:30pm; Sa/Su: 9am-4:30pm (closed Jul/Aug)
- Non-Prime Time: M-F: Opening-5pm

- Main Square CRC, 245 Main St, 416-392-1070
- Prime Time: M-F: 6:30am-9:30pm; Sa/Su: 9am-4:30pm; M-F: 11am-3:30pm (Jul/Aug)
- Non-Prime Time: M-F: Opening-5pm

- Matty Eckler CRC, 953 Gerrard St, 416-392-0750
- Prime Time: M-F: 9am-9:30pm, Sa/Su: 9am-4:30pm, Sa/Su: 11am-3:30pm (Jul/Aug)
- Non-Prime Time: M-F: 9am-5pm

- St. Lawrence CRC, 230 The Esplanade, 416-392-1347
- This fitness centre has wheelchair accessible equipment.
- Prime Time: Mon: 6:15am-8pm, Tu-Th: 6:15am-9pm, Fr: 6:15am-7pm, Sa: 10am-7pm, Su: 10am-4pm
- Non-Prime Time: M-F: Opening-5pm

West Toronto/York District:

- Annette CRC, 333 Annette St, 416-392-0736
- Prime Time: M-F: 9am-8:30pm, Sa/Su: 9am-3:30pm
- Non-Prime Time: M-F: 9am-5pm

- Mary McCormick RC, 66 Sheridan Ave, 416-392-0742
- Prime Time: M-F: 7am-9pm, Sa/Su: 1pm-5pm (closed Jul/Aug)
- Non-Prime Time: M-F: 7am-5pm

- Swansea CRC, 15 Walter Ave, 416-392-6796 (no weight room on site)
- Prime Time: Sa: 9am-10am
- Non-Prime Time: Mon-Fri: 9:10am-10:10am

- Trinity CRC, 155 Crawford St, 416-392-0740
- Prime Time: M-F: 7:30am-9pm; Sa/Su: 9am-5pm; M-F: 7am-5pm
- Non-Prime Time: M-F: Opening-5pm

- Wallace Emerson CC, 1260 Dufferin St, 416-392-0039
- Prime Time: M-F: 7am-9pm; Sa/Su: 9am-5pm
- Non-Prime Time: M-F: 7am-5pm
Weight Rooms

**Toronto/East York District:**

**John Innes CRC**, 150 Sherbourne St, 416-392-6779
- M-F: 10am-2pm; M-Th: 7am-9pm; Fri: 6pm-8pm; Sa/Su: 1pm-5pm;
- M-F: 4pm-5:30pm (youth); M-Th: 5:30pm-7pm (women); Sun: Closed (Jul-Aug)

**S.H. Armstrong CRC**, 56 Woodfield Rd, 416-392-0734
- M-F: 8am-9pm; Sat: 9am-4:30pm; Sun: Closed

**Regent Park CC**, 402 Shuter St, 416-392-5490
- M-F: 9am-11:30am, 12noon-2pm, 6pm-9pm; Sa/Su: 11am-12noon, 2pm-4:30pm;
- M-F: 7:30am-9am (60 yrs+); Sa/Su: 10am-11am (60 yrs+);
- Tu/Th: 2pm-5pm (women); Sa/Su: 12noon-2pm (women)

**Wellesley CRC**, 495 Sherbourne St, 416-392-0227
- M-F: 11am-1:45pm, 7pm-9:30pm; Sa/Su: 1pm-4:30pm;
- M-F: 9am-10:45am (60 yrs+); M/W/F: 5pm-6:45pm (women)

**West Toronto/York District:**

**Falstaff CC**, 50 Falstaff Ave, 416-395-7924
- M/W/F: 9am-11:30am (women); M-F: 4pm-6pm; M/F: 6pm-9pm

**Masaryk Cowan CRC**, 220 Cowan Ave, 416-392-6928
- M/W/F: 8am-8:30pm; Tu/Th: 9am-6pm; Sat: 11:30am-5:30pm; Sun: 10am-5:30pm;
- Tu/Th: 6:30pm-8:30pm (women); Sat: 9am-11:30am (women)

*Centre where programs are free – no fee required.

**Indoor Tracks** (no fees required for the listed indoor tracks)

**Toronto/East York District:**

**John Innes CRC**, 150 Sherbourne St, 416-392-6779
- M-F: 10am-3pm, 6pm-9pm; Sat: 1-5pm; Sun: Closed (Jul-Aug)

**Regent Park CC**, 402 Shuter St, 416-392-5490
- M-F: 9am-11:30am, 12noon-2pm, 6pm-9pm; Sa/Su: 11am-12noon, 2pm-4:30pm;
- M/F: 2:30pm-5:30pm (LGBTQA); M/W: 4pm-5pm (14-16 yrs);
- M/F: 7:30am-9am (60 yrs+); Sa/Su: 10am-11am (60 yrs+);
- Tu/Th: 2pm-5pm (women); Sa/Su: 12noon-2pm (women)

**S.H. Armstrong CRC**, 56 Woodfield Rd, 416-392-0734
- M-F: 8am-9pm; Sat: 9am-4:30pm; Sun: Closed

**West Toronto/York District:**

**Trinity CRC**, 155 Crawford St, 416-392-0743
- M-F: 7:30am-9pm; Sat: 9am-5pm; Sun: 10am-5pm

For information on Fitness Centres visit toronto.ca/fitness.

---

**Balmy Beach CC**
14 Pine Ave, 416-392-6972

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Start Time</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yoga 6-12 yrs</td>
<td>3:30pm-4:30pm</td>
<td>Apr 11</td>
<td>3187942</td>
</tr>
</tbody>
</table>

**Beaches RC**
6 Williamson Rd, 416-392-0740

Drop-in fitness classes are available at this location through the fitness centres regular membership or day passes. Visit the centre to pick up a schedule or view online at toronto.ca/fitness.

**Child Minding for Fitness**
Up to 5 yrs Free/12 wks

| M/W/F: 9:15am-10:15am | Apr 8 | 3187476 |

<table>
<thead>
<tr>
<th>Pilates 16 yrs+</th>
<th>$150/12 wks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thu: 7:45pm-8:45pm</td>
<td>Apr 11</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Yoga: Hatha 16 yrs+</th>
<th>$97/12 wks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue: 10:30am-11:30am</td>
<td>Apr 9</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Yoga: Hatha 16 yrs+</th>
<th>$144/12 wks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thu: 7:45pm-9:15pm</td>
<td>Apr 9</td>
</tr>
</tbody>
</table>

**Brown CC**
454 Avenue Rd, 416-392-6826

Drop-in fitness classes are available at this location through the fitness centres regular membership or day passes. Visit the centre to pick up a schedule or view online at toronto.ca/fitness.

**Summer Session**

<table>
<thead>
<tr>
<th>Yoga: Hatha 16 yrs+</th>
<th>$79/9 wks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri: 8pm-9pm</td>
<td>Jul 5</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Yoga: Hatha 16 yrs+</th>
<th>$90/9 wks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon: 7:55pm-9:25pm</td>
<td>Jul 8</td>
</tr>
</tbody>
</table>

**East York CC**
1081 Pape Ave, 416-396-2880

Drop-in fitness classes are available at this location through the fitness centres regular membership or day passes. Visit the centre to pick up a schedule or view online at toronto.ca/fitness.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Start Time</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yoga 6-12 yrs</td>
<td>4pm-5pm</td>
<td>Apr 9</td>
<td>3187940</td>
</tr>
</tbody>
</table>

**Body Sculpt**
13-18 yrs

| Mon: 4:30pm-5:30pm | Apr 8 | 3178833 |

<table>
<thead>
<tr>
<th>Cardio Mix 13-18 yrs</th>
<th>$26/9 wks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thu: 4:30pm-5:30pm</td>
<td>Apr 11</td>
</tr>
</tbody>
</table>

**Pilates**
16 yrs+

| Mon: 1:45pm-2:45pm | Apr 8 | 3187895 |

| Wed: 8:15am-9:15am | Apr 8 | 3187932 |

| Sat: 11am-12noon | Apr 11 | 3187894 |

**Tai Chi**
16 yrs+

| Fri: 9:15am-10:15am | Apr 12 | 3187910 |

**Yoga: Caregiver and Baby**
16 yrs+

| Fri: 2pm-3pm | Apr 12 | 3187901 |

**Yoga: Hatha-Intermediate**
16 yrs+

| Tue: 7:30pm-8:30pm | Apr 9 | 3179202 |

**Summer Session**

<table>
<thead>
<tr>
<th>Pilates 16 yrs+</th>
<th>$113/9 wks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon: 10:15am-11:15am</td>
<td>Jul 6</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Yoga-Beginner 16 yrs+</th>
<th>$118/9 wks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thu: 7:30pm-8:30pm</td>
<td>Jul 4</td>
</tr>
</tbody>
</table>

**Earl Beatty CC**
455 Glebeholme Blvd, 416-392-0752

<table>
<thead>
<tr>
<th>Yoga: Hatha 16 yrs+</th>
<th>$116/9 wks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed: 7pm-8:30pm</td>
<td>Apr 10</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Summer Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yoga: Hatha 16 yrs+</td>
</tr>
<tr>
<td>Wed: 7pm-8:30pm</td>
</tr>
</tbody>
</table>

**Fairmount Park CC**
1757 Gerrard St E, 416-392-7060

Drop-in fitness classes are available at this location through the fitness centres regular membership or day passes. Visit the centre to pick up a schedule or view online at toronto.ca/fitness.

<table>
<thead>
<tr>
<th>Pilates 16 yrs+</th>
<th>$111/9 wks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed: 6:30pm-7:30pm</td>
<td>Apr 10</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Tai Chi 16 yrs+</th>
<th>$77/9 wks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue: 7:45pm-8:45pm</td>
<td>Jul 6</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Yoga: Caregiver and Baby 16 yrs+</th>
<th>$77/9 wks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon: 7am-8:30pm</td>
<td>Apr 8</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Yoga: Kundalini 16 yrs+</th>
<th>$116/9 wks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon: 7am-8:30pm</td>
<td>Jul 8</td>
</tr>
<tr>
<td>Session</td>
<td>Day</td>
</tr>
<tr>
<td>---------</td>
<td>-----</td>
</tr>
<tr>
<td>Summer</td>
<td>Tue</td>
</tr>
<tr>
<td>Summer</td>
<td>Wed</td>
</tr>
<tr>
<td>Summer</td>
<td>Thu</td>
</tr>
<tr>
<td>Summer</td>
<td>Fri</td>
</tr>
<tr>
<td>Summer</td>
<td>Sat</td>
</tr>
</tbody>
</table>

### Kew Gardens
30 Lee Ave, 416-392-0740

Drop-in fitness classes are available at this location through the fitness centres regular membership or day passes. Visit the centre to pick up a schedule or view online at toronto.ca/fitness.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Start Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>7:30pm-8:30pm</td>
<td>3189886</td>
</tr>
<tr>
<td>Tue</td>
<td>9:30am-10:15am</td>
<td>3189887</td>
</tr>
<tr>
<td>Wed</td>
<td>7:45pm-8:45pm</td>
<td>3189889</td>
</tr>
<tr>
<td>Thu</td>
<td>9:15am-10:45am</td>
<td>3189891</td>
</tr>
<tr>
<td>Fri</td>
<td>6pm-7pm</td>
<td>3189883</td>
</tr>
<tr>
<td>Sat</td>
<td>6pm-7pm</td>
<td>3189884</td>
</tr>
</tbody>
</table>

### Matty Eckler CRC
953 Gerrard St E, 416-392-0750

Drop-in fitness classes are available at this location through the fitness centres regular membership or day passes. Visit the centre to pick up a schedule or view online at toronto.ca/fitness.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Start Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>7:30pm-8:30pm</td>
<td>3189886</td>
</tr>
<tr>
<td>Tue</td>
<td>9:15am-10:15am</td>
<td>3189887</td>
</tr>
<tr>
<td>Wed</td>
<td>7:45pm-8:45pm</td>
<td>3189889</td>
</tr>
<tr>
<td>Thu</td>
<td>9:15am-10:45am</td>
<td>3189891</td>
</tr>
<tr>
<td>Fri</td>
<td>6pm-7pm</td>
<td>3189883</td>
</tr>
<tr>
<td>Sat</td>
<td>6pm-7pm</td>
<td>3189884</td>
</tr>
</tbody>
</table>
### West Toronto/York District

Participants will be advised of changes to program schedules including times and cancellations that may occur.

### Amesbury CC

1507 Lawrence Ave W, 416-395-0145

- **Yoga:** Hatha
  - Thu: 7:15pm-8:15pm
  - Fri: 4:15pm-5:30pm
  - Mon: 10:30am-11:30am
  - Fri: 9:30am-10:30am
  - Sun: 1:00pm-2:00pm
  - Mon: 11:00am-12:00pm
  - Fri: 10:30am-11:30am
  - Sun: 12:00pm-1:00pm

- **Cardio High/Low:**
  - Thu: 9:00am-9:30am
  - Tue: 9:15am-10:15am
  - Sun: 9:30am-10:30am

- **Qigong:**
  - Thu: 6:30pm-7:30pm
  - Thu: 1:30pm-2:30pm

- **Zumba®:**
  - Fri: 5:45pm-6:45pm
  - Fri: 7:45pm-8:45pm
  - Fri: 6:30pm-7:30pm

**Start Dates:**
- Yoga: Hatha: Apr 9, 11
- Cardio High/Low: Apr 11, 12
- Qigong: Apr 11, 12
- Zumba®: Apr 9, 12

**Fees:**
- Yoga: Hatha: $105/9 wks
- Cardio High/Low: $116/9 wks
- Qigong: $116/9 wks
- Zumba®: $105/9 wks

**Contact:**
- 3159087

### Falstaff CC

50 Falstaff Ave, 416-395-1199

- **Body Sculpt (Women):**
  - Mon: 9:45am-10:15am
  - Mon: 9:45am-10:15am

- **Boot Camp:**
  - Mon: 6:30pm-7:30pm
  - Mon: 6:30pm-7:30pm

- **Yoga:**
  - Mon: 11:00am-12:00pm
  - Mon: 11:00am-12:00pm

- **Gentle Fit:**
  - Fri: 6:30pm-7:30pm
  - Fri: 6:30pm-7:30pm

**Start Dates:**
- Yoga: Mon: Apr 10
- Gentle Fit: Apr 13

**Fees:**
- Body Sculpt (Women): $114/12 wks
- Boot Camp: $116/9 wks
- Yoga: $77/9 wks
- Gentle Fit: Free/9 wks

**Contact:**
- 3159087

### Hillcrest CC

1339 Bathurst St, 416-392-0746

- **Fitness: Caregiver and Baby:**
  - Pass Option: $105/9 wks
  - Pass Option: $105/9 wks

- **Body Sculpt:**
  - Mon: 9:30am-10:30am
  - Mon: 9:30am-10:30am

- **Body Sculpt:**
  - Tue: 3:30pm-5:30pm
  - Tue: 3:30pm-5:30pm

**Start Dates:**
- Fitness: Caregiver and Baby: Apr 10
- Body Sculpt: Apr 9

**Fees:**
- Fitness: Caregiver and Baby: $114/12 wks
- Body Sculpt: $105/9 wks

**Contact:**
- 3159087

---

### Additional Locations

- **Wellesley CC:**
  - Yoga: Hatha
  - Tai Chi-Beginner
  - Pilates
  - Zumba®

- **Withrow Clubhouse:**
  - Yoga: Hatha-Beginner
  - Yoga: Hatha-Intermediate
  - Tai Chi-Beginner
  - Tai Chi-Intermediate
  - Yoga: Caregiver and Baby
  - Zumba®

- **Annette CRC:**
  - Pilates-Beginner
  - Yoga: Hatha
  - Qigong
  - Zumba®

- **Bob Abate CRC:**
  - Boot Camp
  - Yoga: Caregiver and Baby
  - Osteo Fit
  - David Appleton Ctr

- **Humbercrest ES:**
  - Yoga: Hatha
  - Joseph J. Piccininni CRC

**Registration begins – March 6**
<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Start Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>7:00am-8:00am</td>
<td>3190582</td>
</tr>
<tr>
<td>Monday</td>
<td>8:00am-9:00am</td>
<td>3190583</td>
</tr>
<tr>
<td>Tuesday</td>
<td>9:00am-10:00am</td>
<td>3190584</td>
</tr>
<tr>
<td>Tuesday</td>
<td>10:00am-11:00am</td>
<td>3190585</td>
</tr>
<tr>
<td>Tuesday</td>
<td>11:00am-12:00pm</td>
<td>3190586</td>
</tr>
<tr>
<td>Wednesday 7:00am-8:00am</td>
<td>3190587</td>
<td></td>
</tr>
<tr>
<td>Thursday 7:00am-8:00am</td>
<td>3190588</td>
<td></td>
</tr>
<tr>
<td>Thursday 9:00am-10:00am</td>
<td>3190589</td>
<td></td>
</tr>
<tr>
<td>Friday 9:00am-10:00am</td>
<td>3190590</td>
<td></td>
</tr>
<tr>
<td>Friday 10:00am-11:00am</td>
<td>3190591</td>
<td></td>
</tr>
</tbody>
</table>

**Yoga: Hatha**

- **Socasize**
  - 16 yrs+: $114/12 wks
- **Stroller Fit**
  - 16 yrs+: $105/9 wks
- **Yoga**
  - 16 yrs+: $118/9 wks
  - Mon 6:15am-7:15am: 3190601
  - Wed 6:30am-7:30am: 3190602
- **Zumba**
  - 16 yrs+: $175/9 wks
  - Wed 7:35am-8:35am: 3190631

**Body Sculpt**

- **Marie McCormick RC**
  - 16 yrs+: $116/9 wks
  - Thu 6:45am-8:15am: 3190641

**Cardio High/Low**

- **Swansea CRC**
  - 19 yrs+: $116/9 wks
  - Thu 7:00am-8:30am: 3180533

**Stroller Fit**

- **Wallace Emerson CC**
  - Child Care for Fitness Programs
  - 3-5 yrs: $2/10 wks
  - M-F 9:00am-12:00pm: 3165841
  - Mon 5:30pm-6:30pm: 3165831

**Step**

- **York RC**
  - 15 Black Creek Dr, 416-392-9675
  - Family Fitness
    - 6 yrs+: Free/9 wks
    - Sat 1:15pm-2:15pm: 3180237
  - Yoga-Family
    - 6 yrs+: Free/7 wks
    - Mon 6:15pm-7:15pm: 3180238

**Cardio Sculpt**

- **Step**
  - 16 yrs+: $150/12 wks
  - Mon 6:30am-7:30am: 3180141

**Cardio High/Low**

- **Cardio Mix**
  - 16 yrs+: $131/12 wks
  - Thu 7:15am-8:30am: 3180144

**Stretch and Strength**

- **Stroller Fit**
  - 10:15am-11:15am: 3190663

**Socasize**

- **Yoga**
  - 16 yrs+: $118/12 wks
  - Thu 6:15am-7:15am: 3190660

**Zumba**

- **Yoga: Hatha**
  - 16 yrs+: $97/11 wks
  - Mon 7:00am-8:00am: 3190711

**Trinity CRC**

- **Yoga**
  - 6-9 yrs: $53/9 wks
  - Tue 3:45pm-4:45pm: 3179617

**Cardio High/Low**

- **Cardio Sculpt**
  - 16 yrs+: $116/9 wks
  - Thu 6:00pm-7:00pm: 3179618

**Cardio Sculpt**

- **Cardio Mix**
  - 16 yrs+: $116/9 wks
  - Thu 6:00pm-7:00pm: 3179619

**T.I.M.E. Together In Movement and Exercise**

- **Trinity CRC**
  - 115 Crawford St, 416-392-0743
  - Mar 15 yrs+: $116/9 wks
  - Thu 7:00am-8:00am: 3179620

**Body Sculpt**

- **Cardio High/Low**
  - 16 yrs+: $116/9 wks
  - Thu 6:00pm-7:00pm: 3179621

**Cardio High/Low**

- **Cardio Mix**
  - 16 yrs+: $116/9 wks
  - Thu 6:00pm-7:00pm: 3179622

**Cardio High/Low**

- **Cardio Sculpt**
  - 16 yrs+: $116/9 wks
  - Thu 6:00pm-7:00pm: 3179623

**Cardio Sculpt**

- **Cardio Mix**
  - 16 yrs+: $116/9 wks
  - Thu 6:00pm-7:00pm: 3179624

**Cardio Sculpt**

- **Cardio Mix**
  - 16 yrs+: $116/9 wks
  - Thu 6:00pm-7:00pm: 3179625

---

**Toronto/East York and West Toronto/York Districts – Spring/Summer 2019**

**Fitness 67**
Centennial Park BMX Centre

The BMX Centre is the newest addition to Centennial Park, built specifically for the 2015 Pan Am Games.

The 3.2 hectare BMX Centre includes:
- Four straightaways
- Three banked turns with challenging jumps
- Five-metre start ramp
- Eight-metre start ramp
- 350-metre track

Looking for a BMX camp? Hollycrest Community School will host BMX summer camps for 9 to 12 year olds. Register early, spaces are limited. Call 416-394-8703 for more information.

Season: May to October (weather permitting)
Open track hours are posted online: toronto.ca/parks/bikeparks

165 Centennial Park Road
North end of Centennial Park
Accessible via Eglinton Avenue West or Rathburn Road

For information on upcoming events, clinics and track events visit toronto.ca/parks/bikeparks

Call 311